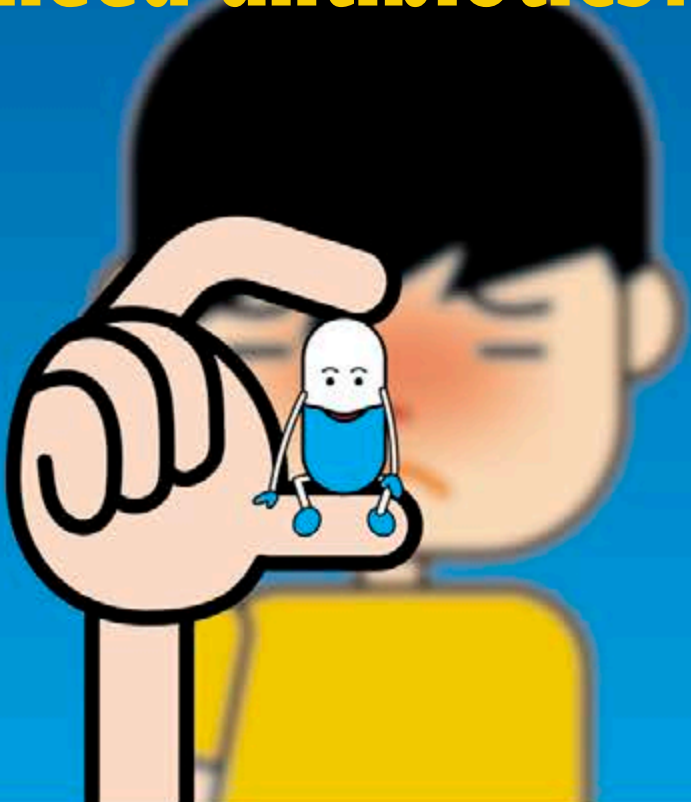




基層醫療
抗生素導向計劃

URTIs

Do you really need antibiotics?



如果患上上呼吸道感染， 我應該做甚麼？



What should I do for URIs?

你應該：

- 充分休息和多喝水。
- 向醫生查詢，並跟從指示處理病情，包括如何使用藥物。
- 不要要求醫生處方抗生素或自行使用抗生素。
- 如果病徵持續，變差或出現不尋常變化，請立即求醫，特別是以下高危人士，較容易出現嚴重病情和併發症：
 - 長期病患者或免疫力低的人士；
 - 孕婦；
 - 五歲以下的兒童；
 - 六十五歲或以上的長者；或
 - 肥胖人士。
- 作出以下措施預防傳染：
 - 打噴嚏或咳嗽時應用紙巾掩著口鼻。
 - 正確棄置已使用的紙巾於有蓋垃圾桶中。
 - 如出現呼吸道感染病徵，應佩戴口罩。
 - 打噴嚏或咳嗽後，使用梘液和清水徹底洗手。如果附近沒有梘液和清水，則使用酒精搓手液潔手。

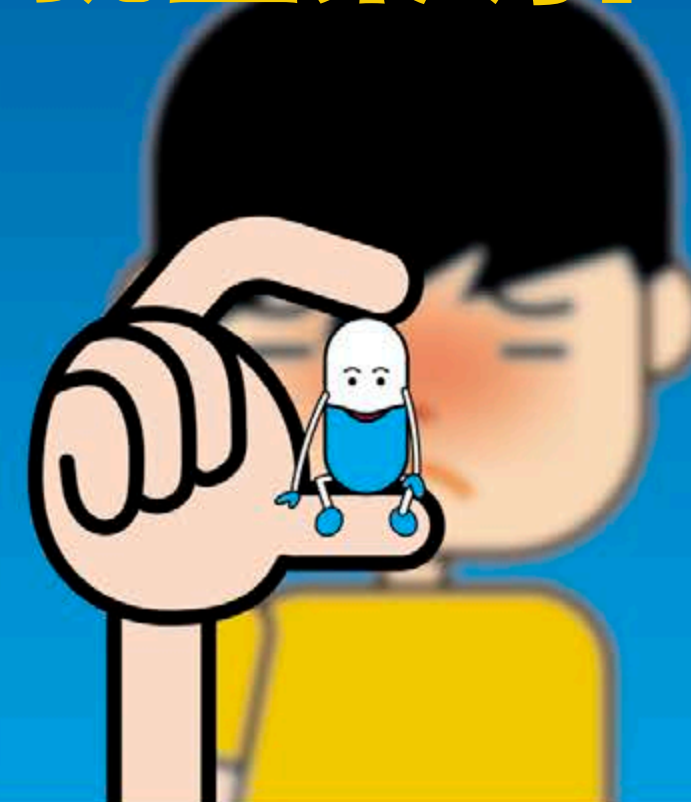
You should:

- Have adequate rest and drink plenty of water.
- Consult doctor and follow the advice including the use of drugs.
- Do not demand your doctor to prescribe or self-medicate antibiotics.
- If symptoms persist, get worse or become unusual, please seek medical advice immediately, especially for the following high risk groups who are at greater risk of developing more severe disease and complications:
 - People with chronic illnesses or are immunocompromised;
 - Pregnant women;
 - Children aged less than 5 years;
 - People aged 65 years or above; or
 - People who are obese.
- Carry out the following measures to prevent spreading:
 - Cover nose and mouth with tissue while sneezing or coughing.
 - Dispose of soiled tissue paper properly in a lidded rubbish bin.
 - Wear surgical mask when having respiratory symptoms.
 - Wash hands thoroughly with soap and water after sneezing or coughing. If soap and water are not available, use an alcohol-based handrub.



基層醫療
抗生素導向計劃

上呼吸道感染 你真的需要 抗生素嗎？



Centre for Health Protection



Centre for Health Protection Website
www.chp.gov.hk



Department of Health



衛生防護中心



衛生防護中心網站
www.chp.gov.hk



衛生署

甚麼是 上呼吸道感染？

上呼吸道感染，即是坊間俗稱的「傷風感冒」，泛指鼻腔、鼻竇、咽頭、喉嚨和聲帶的部位受到感染。主要由病毒引起，但亦可由細菌引致。常見的病毒感染例子有傷風和流行性感冒。

病徵包括咳嗽、喉嚨痛、流鼻涕、發燒、頭痛及肌肉痛。



What are upper respiratory tract infections (URTIs)?

URTIs commonly refer to infections of nasal cavity, paranasal sinuses, pharynx, larynx, and vocal cords. Majority are caused by viruses, but can be caused by bacteria. Examples of common viral infections are cold and influenza.

Symptoms include cough, sore throat, runny nose, fever, headache and muscle aches.

上呼吸道感染 平均持續多久？

• 傷風	1.5 星期
• 急性咽喉炎 / 扁桃腺炎	1 星期
• 急性鼻竇炎	2-3 星期
• 急性支氣管炎	3 星期



What is the average length of URTIs?

• Common cold	1.5 weeks
• Acute pharyngitis/ tonsillitis	1 week
• Acute rhinosinusitis	2-3 weeks
• Acute bronchitis	3 weeks

傳播途徑



- **飛沫傳播：**
透過吸入由患者咳嗽、打噴嚏或說話時產生的飛沫，或飛沫接觸到黏膜。

- **間接接觸傳播：**
透過雙手接觸受患者分泌物污染的表面（例如門柄、扶手），然後觸摸自己的口、鼻或眼睛，將病毒 / 細菌帶進身體，或傳給他人。

Modes of transmission

- **Droplet transmission:**
Inhalation of droplets expelled from the sick during coughing, sneezing or speaking; or through subsequent touching of mucous membranes.
- **Indirect contact transmission:**
Through our hands after contacted with surface areas (such as doorknobs, handrails) contaminated by secretions of infected person, the viruses/ bacteria can enter into the body who then touch their own mouth, eyes or nose, or transfer to other people.

抗生素能治療 上呼吸道感染嗎？

**大部份上呼吸道感染
由病毒引起，
並不須使用抗生素**

抗生素只能用作治療細菌感染，不恰當的使用抗生素是有害的，不但有機會出現不必要的藥物副作用，亦會同時殺死身體內的正常細菌，增加感染耐藥性細菌的風險，令治療變得困難、昂貴、甚至不可能。



Can antibiotics treat URTIs?

**Most of URTIs are
caused by virus,
antibiotics are not needed**

Antibiotics are used for treating bacterial infections. Inappropriate use of antibiotics can be harmful, not only may occur unnecessary drug side effects, but it will also kill the normal bacteria in our bodies and increase the risk of acquiring resistant bacteria, making the treatment difficult, costly or even impossible.